

A healthier student body begins
with a healthier school staff.

HumanaVitality® helps school employees
get on a path to wellness.



Humana Vitality®

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Healthier living for all staff members – in and out of the classroom.

School employees can get a lot out of HumanaVitality. But first they have to get into it.

HumanaVitality is an exciting and engaging wellness and rewards program. It rewards members for making healthy choices, like eating right and exercising. To help keep members interested and motivated, HumanaVitality offers:

- Vitality Points™ to help members move up to higher Vitality Status™ levels and enjoy even greater rewards
- Vitality Bucks® that can be redeemed for items in the HumanaVitality Mall
- Manageable steps toward a healthier life

Better health, great rewards, and a stronger, more productive staff. It all starts with HumanaVitality.

If you have any questions, don't hesitate to reach out to your Humana Account Representative. Visit livingwell.ky.gov → Wellness Champs → FRYSC Champs for additional information.



HumanaVitality is only available to covered KEHP members.



Step up

The road to a healthier life begins with a few simple steps. You take the first step and others will follow.





It's easy to get started

Start enjoying the features of HumanaVitality by going through the process yourself. This will give you the experience and insight you need to show others the features.

Register for HumanaVitality

When you register for HumanaVitality, you are creating your own personalized secure account that will give you access to your information anytime you want it. There you can:

- Complete the Health Assessment
- Get your Vitality Age™
- Get recommended goals
- Earn Vitality Points and Vitality Bucks
- Redeem Vitality Bucks for great rewards

Taking the Health Assessment just takes a few minutes

The Health Assessment can help you learn how healthy you are right now, determine your future health risks, and decide where and how to make improvements.

Activate your personal goals

Once you know where you stand, it's time to start creating your own Personal Pathway.™

Register for HumanaVitality. Go to livingwell.ky.gov and click on "HumanaVitality Login." This will take you to **Humana.com**, where you can follow the steps to sign up for HumanaVitality.

What is Vitality Age?



Your Vitality Age tells you if your body is living younger or older than your actual age. Get your Vitality Age right now by taking the Health Assessment.



Kick off

Sharing the ABCs of HumanaVitality with everyone at school.





Reaching out

Getting everyone at school on a healthier path begins with identifying the right individuals to contact. These may include you (the FRYSC Coordinator), the wellness council, PE teachers, school nurses, health teachers, PTA/PTO, food service staff, or another school health champion. The options are limitless on how to distribute the school toolkit.

Your tools for schools

Once you have identified your contact at the school, you can provide them with materials that will help them make the most of HumanaVitality. The *Healthier Living 101* school toolkit is designed to introduce HumanaVitality to schools in order to get the staff on a healthier path. It includes:

- An overview of the program
- Important steps in the process of launching HumanaVitality at the school
- Ideas for getting everyone to take the Health Assessment
- Suggestions to get the staff on board and keep them motivated
- Steps for setting up an on-site Vitality Check®
- Links to promotional materials, FAQs, and support



Healthier Living 101
school toolkit

Making the grade

HumanaVitality can help your school partners improve school wellness initiatives by:

- Encouraging fitness and exercise
- Promoting healthy eating
- Spreading health education
- Inspiring leadership

Remember: Healthier teachers encourage healthier students.

For more details, visit livingwell.ky.gov → Wellness Champs → FRYSC Champs.



Check in

Good health is an ongoing journey. Keep your school partners moving forward by checking back.



Stay in touch

How to follow up

Sharing your school's success is simple – and you can win some great prizes! Go to livingwell.ky.gov → **Wellness Champs** → **FRYSC Champs** to find the link to the “FRYSC Semester Checklist.”

HumanaVitality is a great wellness and rewards program. But it only works if it's used! That's why it's important to **follow up with your school contacts** and make them aware of all the great ways HumanaVitality helps to keep the momentum going. Be sure to remind them to check with HumanaVitality about how to earn Vitality Points for the following activities:

On-site events

Blood Drive – Staff members earn Vitality Bucks for donating blood

Smoking Cessation – An on-site resource to help the staff kick the habit

Clubs and classes

Walking Club – Weekly walks during lunchtime or before or after work

Yoga Class – Lunchtime or after-work instructor class

Lunch 'n' learns

Food and Nutrition – *Eat This, Not That* talk given by a nutritionist

Health Risks – Advice on ways to avoid the most common health risks

Culture and competition

Five-Minute Move-It – Just five minutes of stretching, light aerobics, even charades can give everyone an energy boost

Biggest Loser Weight Competition – An internal competition with prizes



Keep a good thing going.

Wellness is a journey. To help your schools stay motivated and engaged, visit livingwell.ky.gov → **Wellness Champs** → **FRYSC Champs** for more information on staff challenges, along with other promotional materials to help keep the momentum going.

Humana *Vitality*

LivingWell.ky.gov



HumanaVitality is not an insurance product. HumanaVitality is only available to covered KEHP members. Your plan is administered by Humana Insurance Company.